

Produce of the Month



Acorn Squash



Nutritional Information



One cup of Acorn Squash is 56 calories



Acorn Squash is high in vitamin C and one cup contains 8% of the daily recommended dietary fiber



Acorn Squash has potassium, calcium and high levels of beta carotene



Acorn Squash is very high in carbohydrates and may not be good for people on low-carb diets.

Selecting, Storing, Preparing



Look for squash with firm, dull rinds when selecting Acorn Squash



Store Acorn Squash away from direct light



Store cut squash for one or two days in the fridge in plastic wrap



Rinse squash before cutting it; acorn squash can be steamed, baked, and even microwaved to prepare



Seeds can be prepared by roasting like pumpkin seeds

Fun Facts



Acorn Squash is also called pepper squash



Even though Acorn Squash is considered a winter squash it actually belongs in the same family as summer squashes.



Like other squashes, you can eat the acorn squash flower.



Acorn squash is native to North America

Recipes/Ideas

- Acorn Squash can be made sweet or savory
- It is most commonly baked and often drizzled with maple syrup or another sweetener
- Like many other squashes, Acorn Squash makes a nice addition to fall and winter soups.

For more ideas:

<http://www.thekitchn.com/how-to-cook-acorn-squash-223015>

<http://www.marthastewart.com/275063/acorn-squash-recipes>

<http://95210.townofmanchester.org/>

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9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

Manchester's Message for a Healthier You